



# BRING ON THE SMILES

LEARNING TO SWIM IS MORE FUN THAN EVER!



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## Big Swimmer - Level 5 - 3 years +

**By the end of the level most children should be able to:**

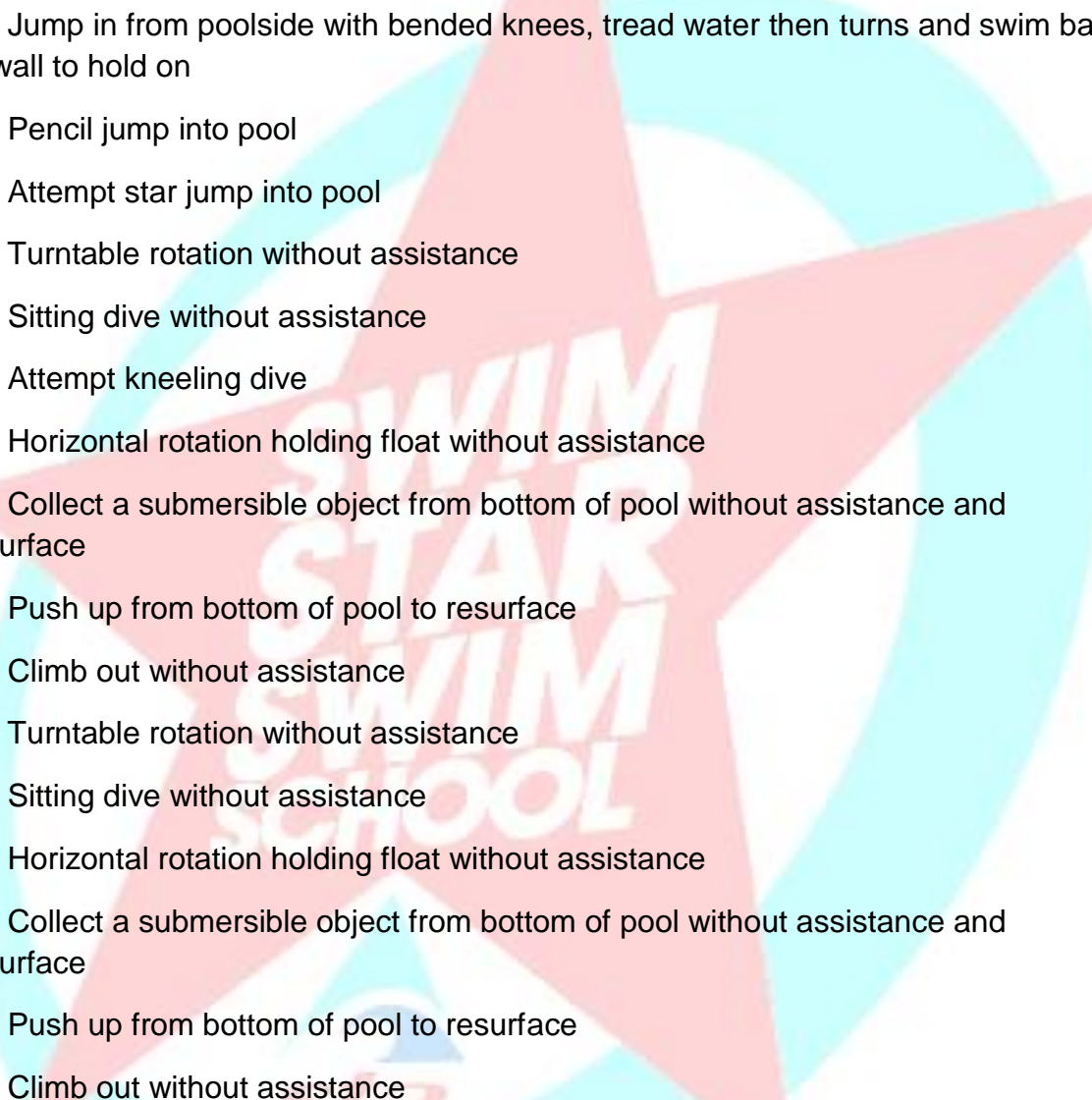
1. Enter water safely using appropriate method for the pool
2. Swim on a woggle without assistance on fronts and backs
3. Swim on catamarans without assistance on fronts and backs, with aquatic breathing
4. Swim on one catamaran on fronts and backs, with single arm action and kicking legs.
5. Put whole face in water to blow bubbles, breath and blow in rhythmic pattern turning head to side to breathe
6. Swim 9m unaided, developing front crawl action, blowing bubbles and attempting side breathing
7. MMM without assistance
8. Push and glide (prone) then swim to carer
9. Push and glide (supine) then swim to carer attempting back crawl arms
10. Kicking legs showing alternating action, long legs floppy feet
11. Develop front crawl arm action - single arm with float
12. Develop back crawl arm - single arm with float
13. Develop breaststroke arm action
14. Develop breaststroke leg action
15. Develop dolphin leg kick (no arms)
16. Tread water without woggle
17. Star float
18. Mushroom float
19. Pencil float



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20. Jump in from poolside with bended knees, tread water then turns and swim back to wall to hold on
  21. Pencil jump into pool
  22. Attempt star jump into pool
  23. Turntable rotation without assistance
  24. Sitting dive without assistance
  25. Attempt kneeling dive
  26. Horizontal rotation holding float without assistance
  27. Collect a submersible object from bottom of pool without assistance and resurface
  28. Push up from bottom of pool to resurface
  29. Climb out without assistance
  22. Turntable rotation without assistance
  23. Sitting dive without assistance
  24. Horizontal rotation holding float without assistance
  25. Collect a submersible object from bottom of pool without assistance and resurface
  26. Push up from bottom of pool to resurface
  27. Climb out without assistance